Project Weekly report

Topic:- Modelling and Prediction of Athletic Readiness based on Training Load

Group Name: QuadML

Project Definition: 7

Group Member's names:-

❖ **Shashvi Shah, Riya Sudani, Dev Dave , Jeel Patel, Yashaswi Patel**

▪ Understanding the Project Scope

➢ **Dataset Understanding:** Loaded the data, checked for missing values, data types, and distributions.
➢ **Missing Value Handling:** Used techniques like mean/mode imputation and interpolation.
➢ **Data Cleaning:** Removed duplicates, handled outliers, and fixed inconsistencies.
➢ **Exploratory Data Analysis (EDA):** Analyzed correlations between training features and RSI mod.
➢ **Data Visualization:** Created graphs to see relationships between training load and RSI mod.

▪ Next week

➢ Finalize feature selection.
➢ Start training initial models.
➢ Evaluate model performance on predicting RSI mod.
➢ Normalize/standardize data for better model performance.